AQA

Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____

I declare this is my own work.

GCSE
FOOD PREPARATION AND NUTRITION

Paper 1 Food Preparation and Nutrition

Time allowed: 1 hour 45 minutes

Materials

For this paper you must have:
- a black pen
- a pencil.

Instructions
- Use black ink or black ball-point pen.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The total number of marks available for this paper is 100.
- You are reminded of the need for good English and clear presentation in your answers.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

Do not write outside the box

Section A consists of multiple choice questions.

Answer **all** questions in this section.

There are 20 marks available.

Only **one** answer per question is allowed.

For each answer completely fill in the circle alongside the appropriate answer.

CORRECT METHOD WRONG METHODS

If you want to change your answer you must cross out your original answer as shown.

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown.

For each question you should shade in **one** box.

An example is shown below.

Which food is high in protein?

A Cabbage

B Cheese

C Oranges

D Cucumber

0 1 . 1 Which of the following foods is a protein alternative?

[1 mark]

A Cheese

B Chicken

C Egg

D Tofu

Do not write outside the box

0 1 . 2 Sodium is needed in the body to

[1 mark]

A help absorb iron. ⬭

B maintain water balance. ⬭

C make teeth and bones strong. ⬭

D protect connective tissue. ⬭

0 1 . 3 A diet deficient in Vitamin A can cause

[1 mark]

A anaemia. ⬭

B night blindness. ⬭

C rickets. ⬭

D scurvy. ⬭

0 1 . 4 Which bacteria are spread by coughing and sneezing?

[1 mark]

A Campylobacter ⬭

B E-coli ⬭

C Listeria ⬭

D Staphylococcus aureus ⬭

0 1 . 5 Which type of fish is most suitable for storing safely at an ambient temperature?

[1 mark]

A Canned ⬭

B Fresh ⬭

C Frozen ⬭

D Smoked ⬭

Turn over ►

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0 1 . 6 The amount of greenhouse gases produced by human activity is known as

[1 mark]

A carbon footprint. ⬭

B fairtrade. ⬭

C food waste. ⬭

D genetic modification. ⬭

0 1 . 7 Chilled foods are best stored at

[1 mark]

A –18°C ⬭

B –3°C ⬭

C 2°C ⬭

D 9°C ⬭

0 1 . 8 Which one of these vitamins is an antioxidant?

[1 mark]

A Vitamin B ⬭

B Vitamin C ⬭

C Vitamin D ⬭

D Vitamin K ⬭

0 1 . 9 When making a sauce, gelatinisation is fully complete at

[1 mark]

A 40°C ⬭

B 60°C ⬭

C 80°C ⬭

D 100°C ⬭

Do not write outside the box

0 1 . 1 0 An ingredient used to denature protein in a marinade is

[1 mark]

A black pepper. ⬭

B brown sugar. ⬭

C lemon juice. ⬭

D vegetable oil. ⬭

0 1 . 1 1 Flour is fortified with which mineral?

[1 mark]

A Fluoride ⬭

B Iodine ⬭

C Iron ⬭

D Phosphorus ⬭

0 1 . 1 2 Which food is an example of primary processing?

[1 mark]

A Butter ⬭

B Jam ⬭

C Milk ⬭

D Pasta ⬭

0 1 . 1 3 Which of the following vitamins are fat soluble?

[1 mark]

A Vitamins A and B ⬭

B Vitamins B and K ⬭

C Vitamins C and D ⬭

D Vitamins D and E ⬭

Do not write outside the box

0 1 . 1 4 Which of the following is a polysaccharide?

[1 mark]

A Fructose ⬭

B Glycerol ⬭

C Lactose ⬭

D Starch ⬭

0 1 . 1 5 The process of bread changing colour during baking is

[1 mark]

A dextrinisation. ⬭

B enzymic browning. ⬭

C gelatinisation. ⬭

D oxidation. ⬭

0 1 . 1 6 When making pastry, rubbing fat into flour to create a waterproof coating is called

[1 mark]

A caramelisation. ⬭

B coagulation. ⬭

C emulsification. ⬭

D shortening. ⬭

Do not write outside the box

0 1 . 1 7 Which acid is produced when making yoghurt?

[1 mark]

A Ascorbic ⬭

B Citric ⬭

C Folic ⬭

D Lactic ⬭

0 1 . 1 8 Which of these ingredients is a high biological value protein?

[1 mark]

A Lentils ⬭

B Nuts ⬭

C Seeds ⬭

D Soya ⬭

0 1 . 1 9 Which food uses steam as its main raising agent?

[1 mark]

A Cakes ⬭

B Biscuits ⬭

C Profiteroles ⬭

D Scones ⬭

0 1 . 2 0 A person with lactose intolerance should avoid

[1 mark]

A eggs. ⬭

B gluten. ⬭

C milk. ⬭

D nuts. ⬭

20

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Section B

Answer **all** questions in this section.

There are 80 marks available.

0 2 . 1 State three food safety points to consider when buying fresh fish.

[3 marks]

1 _____

_____

2 _____

_____

3 _____

_____

0 2 . 2 Explain the term sustainable fishing.

[2 marks]

_____

_____

_____

_____

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_____

0 2 . 3 Explain why the Eatwell Guide recommends eating two portions of fish each week, one of which is oily.

[4 marks]

_____

_____

_____

_____

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0 2 . 4 Explain the food term **temperature danger zone** when storing and cooking beef burgers.

[4 marks]

13

Turn over for the next question

Do not write outside the box

0 3 . 1 Amy, a 10-year-old girl, takes the same packed lunch to school every day.

Information about this packed lunch is given below.

Packed Lunch

Cheese sandwich, made with white bread and butter
Salt and vinegar crisps
Chocolate cereal bar
Bag of jelly sweets
Bottle of fizzy lemonade

Using this information and your knowledge of nutrition and the healthy eating guidelines:

- analyse the suitability of this packed lunch for Amy
- evaluate and explain how this packed lunch could be improved to meet current healthy eating guidelines.

[12 marks]

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Answer lines continue on the next page

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0 3 . 2 Give three functions of fat in the diet.

[3 marks]

1 _____

2 _____

3 _____

Do not write outside the box

0 3 . 3 Explain the term protein complementation.

Give examples in your answer.

[6 marks]

Question 3 continues on the next page

Do not write outside the box

0 3 . 4 Explain what dietary advice you would give to teenage girls to prevent iron deficiency anaemia.

[6 marks]

27

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0 4 . 1 Explain how different moral and ethical beliefs can affect the food choices we make.

[6 marks]

Question 4 continues on the next page

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0 4 . 2 Give three advantages and three disadvantages of intensive farming.

[6 marks]

Advantages

1 _____

_____

2 _____

_____

3 _____

_____

Disadvantages

1 _____

_____

2 _____

_____

3 _____

_____

0 4 . 3 Explain how consumers can reduce the amount of single-use plastic packaging when buying food.

[4 marks]

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16

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Turn over for the next question

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ANSWER IN THE SPACES PROVIDED

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0 5 Coronary heart disease and high blood pressure are major risks affecting long-term health.

- Analyse the reasons for the increase in coronary heart disease and high blood pressure in the UK.
- Evaluate how diet and lifestyle choices can reduce these health risks.

[8 marks]

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8

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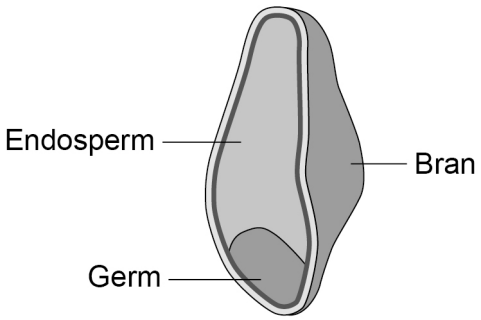
0 6 . 1 **Figure 1** shows the parts of a wheat grain. Milling is the process that turns wheat grain into flour.

Figure 1



Give **two** reasons for each milling stage.

[4 marks]

The first one has been done for you.

Cleaning the grain

1. To remove dirt.
2. To soften the grain.

Crushing and rolling the grain

1. _____

2. _____

Sieving the crushed grain

1. _____

2. _____

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0 6 . 2 The following ingredients are used to make bread:

- warm water
- bread flour
- salt
- yeast

Complete the table to show **two** functional and/or chemical properties of each ingredient.

The first one has been done for you.

[6 marks]

Ingredient	Functional / Chemical Properties
Warm water (Example)	1. Binds the flour and other ingredients together. 2. Creates steam during baking.
Bread flour	1. 2.
Salt	1. 2.
Yeast	1. 2.

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0 6 . 3 Cheese scones were made which had the following faults:

- unpleasant flavour
- heavy texture
- uneven colour

Complete the table to show **two** possible reasons for each fault.

Do not repeat your answers

[6 marks]

Faults	Reasons for faults
Unpleasant flavour	1. 2.
Heavy texture	1. 2.
Uneven colour	1. 2.

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END OF QUESTIONS

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